Why We Shouldn’t Keep Fish Out of Our Diets

Science Debate Assignment

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We shouldn’t keep fish out of our diets! Here are the reasons why.

Fish provides us with a lot of the nutrients we need such as iodine, potassium, calcium, selenium, phosphorus and iron. It has moderate calories; it is high in protein; low to moderate for fat and saturated fat; it has low carbohydrates with high vitamin A and vitamin D. All of these are very good for our human bodies such as reducing blood clots and strengthen our bones. Not only this; fish also contains omega-3s which are found in breast milk. This just proves how important fish is in our diets; it provides us with nutrients which we need to survive.

Pregnant women who eat fish during their pregnancy have a lesser chance of giving birth prematurely.

The article in our science textbook says the higher the fish is in the food chain, the more heavy metal it contains, the smaller fishes which most of us eat has a lot less and will probably do no harm to us. This fits perfectly with out diets for fish. The larger fishes that are at the top of the food chain are mostly endangered so we shouldn’t be eating them at the first place. There is no other reason to keep fish out of our other than food poisoning but there is no risk at all so I don’t see any other reason to keep such a food that contains so many nutrients from our diet.

Some developing countries like China, Vietnam, Thailand and Chile depend on exporting fish as a major export of the country. If we ban consuming fish, these countries will lose their main income for the country and a lot of people will go into poverty.

Bottom sediments in natural water systems will remove the heavy metals by substitution of the heavy metals in the sludge components by calcium.

I don’t see a reason why people shouldn't be eating fish.